

Being Sexual: An Illustrated Series On Sexuality and Relationships

SEXUALITY AND PHYSICAL DISABILITY



By Susan Ludwig and Michael Barrett



Translated into Blissymbols by Claudia Wood

Illustrated by James F. Whittingham

BEING SEXUAL: AN ILLUSTRATED SERIES ON SEXUALITY AND RELATIONSHIPS

This 17-book series provides important sexuality education for young adults and adults. The clear, straightforward text and engaging illustrations are particularly helpful for people with developmental disability, problems with literacy, learning or communication, or anyone who uses Blissymbols. The content, philosophy and ideas expressed are those of the authors. Books were reviewed by SIECCAN Board members who are professionally involved in sex education, counselling and therapy and by consumers, parents and educators.

Blissymbolics Communication International (BCI) co-ordinated Blissymbol translation of major portions of each book in the Being Sexual series using approximately 150 recently-developed symbols for sexuality. Claudia Wood translated all books except for volume 4 on Adolescence which was translated by Ruth Harrington and Jinny Storr.

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The series is co-authored by **Dave Hingsburger**, an author and lecturer who has extensive experience as a counsellor and therapist for people with developmental disabilities, and **Susan Ludwig**, a nurse-educator with the Sexual Health Team, York Region Public Health who specializes in sexuality education for people with developmental disabilities. The authors acknowledge the assistance and support of York Region Public Health during the writing phase of the project, the imaginative input of **Claudia Wood**, and the special contribution of **James F. Whittingham** who created over 1200 drawings to illustrate the series.

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SEXUALITY AND PHYSICAL DISABILITY 1

Challenges



(opportunity + to cause + action)

Many **people with physical disabilities** must find ways to meet the practical **challenges** of everyday living. This means different things to different **people**. Some must find ways to buy, **prepare** and eat nourishing food. Others must locate places to live that are set up to allow maximum independence. Some must have **staff to help** with personal care.



Activities of daily living provide many challenges to people with physical disabilities.

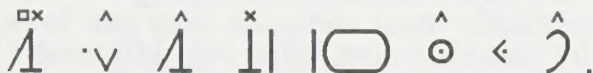


Aids

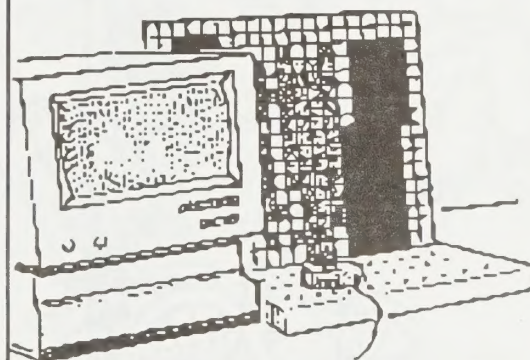
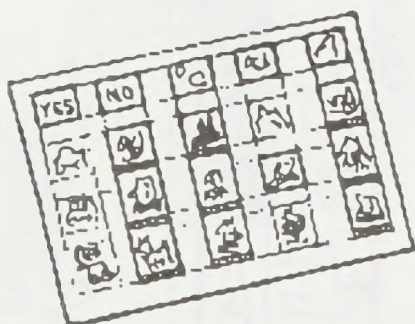
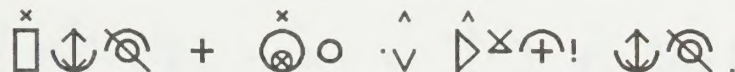


(help + thing indicator + plural indicator)

Wearing **aids** or **devices** can make it easier to see or to hear. **Communication** boards or **voice output communication aids** can **help** if one's speech is hard for others to **understand**.



Aids can help people with disabilities to see or to hear.



(To) Share

$$\begin{array}{c} \wedge \\ \pm | + | \end{array}$$

(to have + together + action indicator)

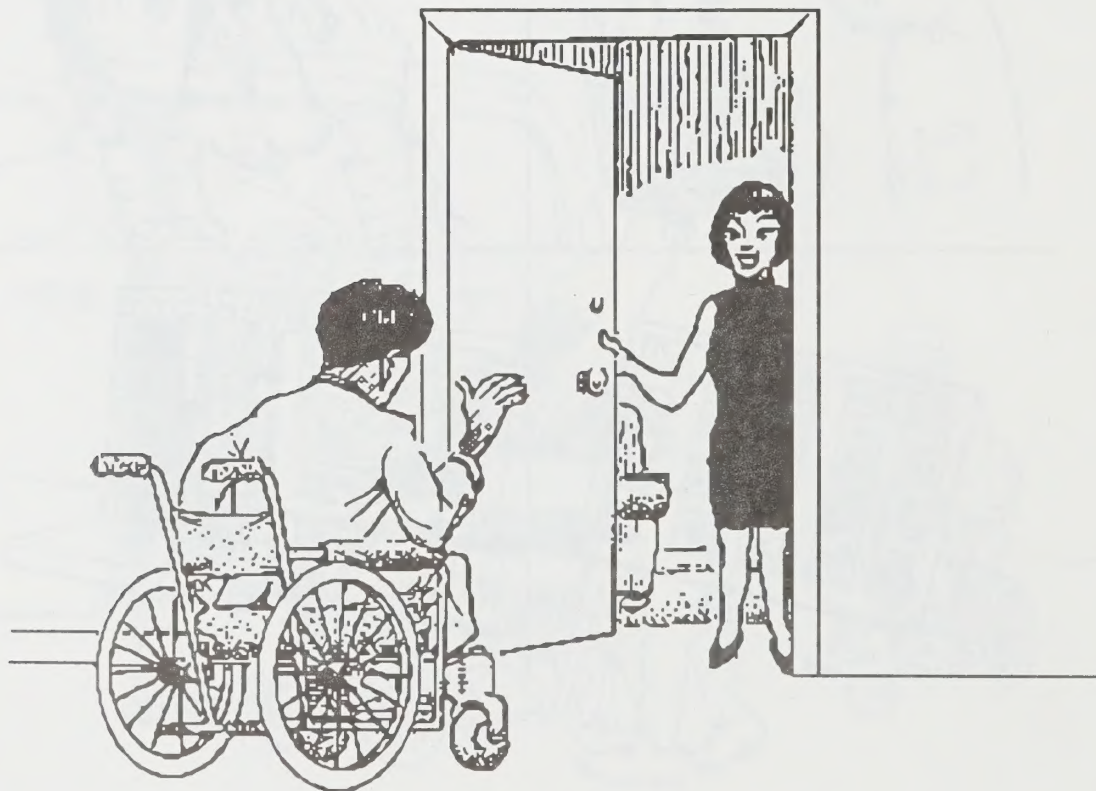
Whether an individual has a **disability** or not, there are some things that most **people share**. Most **people want** to be part of a close, caring **relationship** with another **person**. Just like everyone else, they **want to feel** accepted as **people** who have the potential to be loving partners in a **sexual relationship**. Most **people worry** about whether they will eventually meet someone they can **love** and who will **love** them. Being **desired** by someone else, both **sexually** and emotionally, is an exciting part of being alive.

$$\begin{array}{c} \vee \\ \times \end{array} \quad \begin{array}{c} \times \\ \perp \end{array} \quad \begin{array}{c} \hat{\wedge} \\ \heartsuit \end{array} \rangle \quad \begin{array}{c} \hat{\wedge} \\ \pm | + | \end{array} \quad \begin{array}{c} \vee \\ \heartsuit \end{array} || \quad \perp \rightleftharpoons \perp \quad + \quad \begin{array}{c} \hat{\wedge} \\ \curvearrowleft \end{array} > \quad \begin{array}{c} \hat{\wedge} \\ \rightarrow \leftarrow \end{array} \quad \begin{array}{c} \vee \\ \perp \end{array} \quad \begin{array}{c} \hat{\wedge} \\ \heartsuit \end{array} \rightarrow .$$

Most people want to share (an) intimate relationship and worry about meeting someone to love.

$$\begin{array}{c} \vee \\ \heartsuit \end{array} \rangle \quad < \quad \begin{array}{c} \vee \\ \perp \end{array} \quad \begin{array}{c} \hat{\wedge} \\ \triangleright \end{array} \quad \bigcirc \quad \oplus \quad \begin{array}{c} \vee \\ \heartsuit \end{array} !!! .$$

Being desired by someone causes life to be exciting.



Friends

$$\overset{x}{\underset{|}{1}} \heartsuit +!$$

(person + to like + plural indicator)

Intimate relationships grow out of our day to day **opportunities** to **develop** friendships. **People** must have **opportunities** to meet many **people** so that they can select a few as **friends**.

$$\overset{v}{\heartsuit} || \overset{x}{\underset{|}{1}} \rightleftharpoons \overset{x}{\underset{|}{1}} \quad \overset{\wedge}{\oplus} \rightarrow < \overset{x}{\underset{|}{1}} \rightleftharpoons \overset{x}{\underset{|}{1}} \quad ++ \quad \overset{x}{\underset{|}{1}} \heartsuit +!$$

Intimate relationships develop by means of relationships with friends.

$$\overset{x}{\underset{|}{1}} \quad \overset{\wedge}{/} \quad \overset{x}{\underset{|}{1}} \cap \rightarrow \overset{\wedge}{\leftarrow} \quad \overset{v}{x} \quad \overset{x}{\underset{|}{1}} \gg \overset{\wedge}{\otimes} \quad \overset{v}{1} \times \quad \overset{x}{\underset{|}{1}} \heartsuit +!$$

People need opportunities to meet many people in order to choose (a) few friends.



(To) Share

$$\begin{array}{c} \wedge \\ \pm | + | \end{array}$$

(to have + together + action indicator)

(To) Communicate

$$\begin{array}{c} \wedge \\ \updownarrow \otimes \end{array}$$

(to exchange + meaning + action indicator)

Having **friends** means sharing interests, learning to **communicate** and trying to **understand** another's point of view.

$$\begin{array}{c} \wedge \\ \pm \end{array} \begin{array}{c} \times \\ \downarrow \end{array} \heartsuit + ! \quad \begin{array}{c} \wedge \\ \otimes \end{array} \quad \begin{array}{c} \wedge \\ \pm | + | \end{array} \quad \begin{array}{c} \times \\ \uparrow \end{array} ! , \quad \begin{array}{c} \downarrow \\ \cup \end{array} \quad \begin{array}{c} \wedge \\ \updownarrow \otimes \end{array} + \quad \begin{array}{c} \wedge \\ \rightarrow \rightarrow \end{array}$$

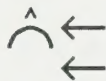
Having friends means sharing interests, learning to communicate and trying to

$$\begin{array}{c} \wedge \\ \rightarrow \end{array} \quad \backslash \quad |_2 .$$

understand another person.

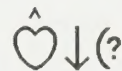


(To) Worry



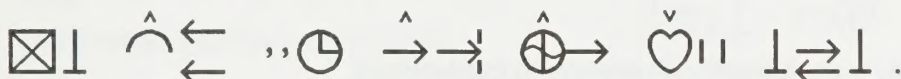
(mind + two arrows, pointing backward + action indicator)

(To) Fear



(afraid + action indicator)

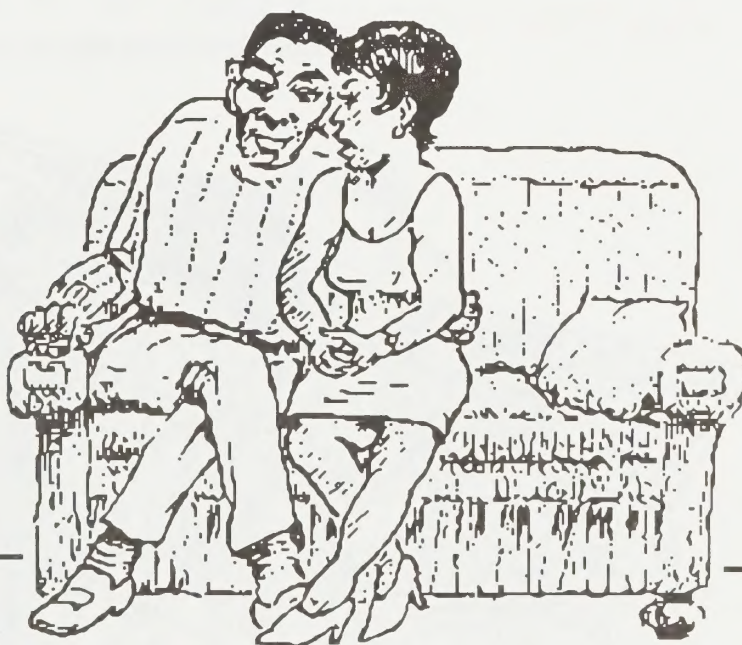
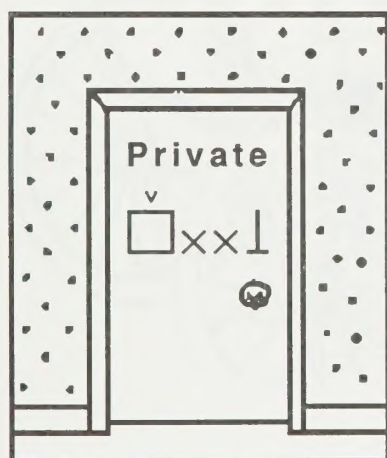
For friendships to become more **intimate**, it may mean learning to flirt or finding ways to let the other **person** know you are attracted to them. It is not always easy to get a friendship to **develop** into a more **intimate, sexual relationship**. Everyone **worries** at this time in a **relationship**. Most **people** fear being **hurt** or rejected, particularly if they don't know if the other **person** feels the same way.



Everybody worries when trying to develop (an) intimate relationship.



Most people fear being hurt or left out.

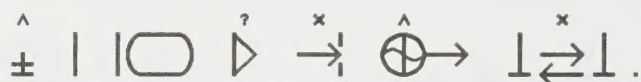


Difficulties



(difficult + plural indicator)

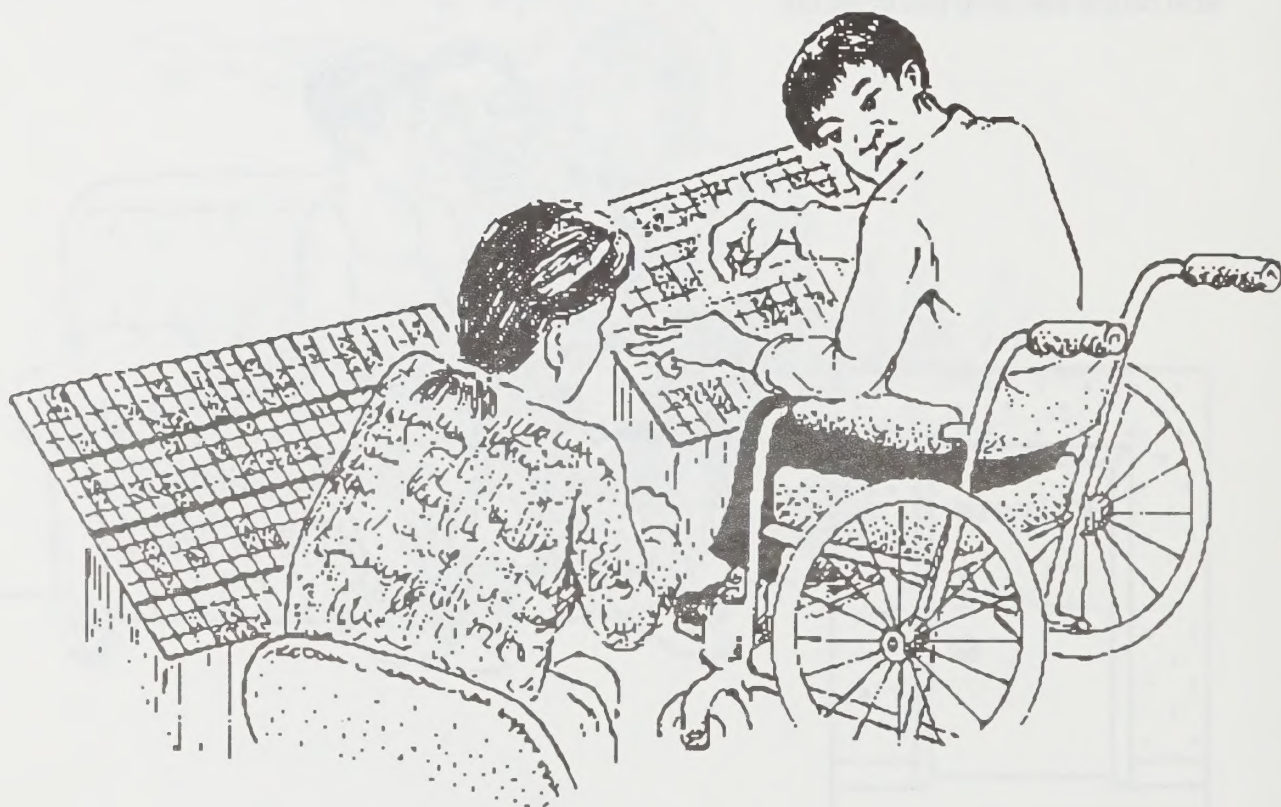
Sometimes having a **disability** can make it more **difficult** to form **relationships**. For example, **people** who have **difficulty** speaking may find it harder to **communicate** what is inside so others can get to know them. **People** with **physical disabilities** that affect movement or appearance may have a hard time getting out to social activities so that they can meet other **people**. Sometimes others may not accept them as individuals or **want** to get to know them better.



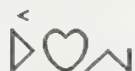
Having a physical disability may cause difficulties in developing relationships.



Some people may not want to try to know people with physical disabilities better.



(To Be) Hurt



(to cause + pain + passive indicator)

Self-Confidence



(belief + oneself)

It **hurts** to be teased, or ignored or not taken seriously. This happens to all **people** at some time during their **teen** years, not just to **people with physical disabilities**. But these **feelings** are **important** for **teens with disabilities** to **understand**. Finding the **confidence** to show an interest in someone takes time and practice.



All teenagers can be hurt by others.



Teenagers with disabilities need to understand these feelings and to know others share them.



They need to have time and to practice in order to feel self-confidence.



Teens with Physical Disabilities

♀ | ○

(teenager + physical disability + plural indicator)

Some **teens** with **physical disabilities** may **fear** they will never have an **opportunity** to **share** an **intimate relationship**. They may **feel** sad and lonely. It is **important** that they not let their **feelings** prevent them from **developing** other kinds of friendships and interests. For many the situation will eventually change, but they may be older before it happens.

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Some teens with physical disabilities may fear never sharing (an) intimate relationship.

1₃ ♀ ♀ ↓ + ♀ - 1,

They may feel sad and lonely,

+ 1 ♀ +! + ♀ ⌒ ⌒ 1₃ ♀ ↑ ⊙.

but friends and interests can help them to enjoy life.



Support, Help



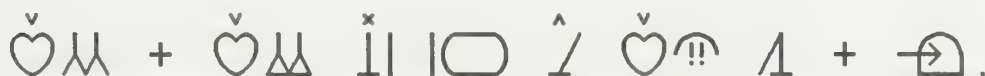
(diagonal line + person)

Understanding

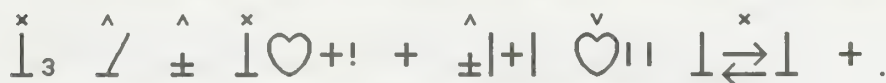


(combination of knowledge *and* into)

Gay and lesbian people with disabilities have a particular **need** for **support** and **understanding**. They have the same desires for friendship and **intimate sexual relationships**, but they may be **afraid** to tell others. They may **worry** that others will **reject** them or may even dislike, hate or injure them because they are attracted to **people** of the same **sex**. They **need** honest information presented in a positive way by **people** who accept them as individuals.



Gay and lesbian people with disabilities need special support and understanding.



They need to have friends and to share intimate relationships too.

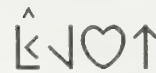


Privacy



(to close + public)

(To) Masturbate



(genitals + to touch + pleasure + action indicator)

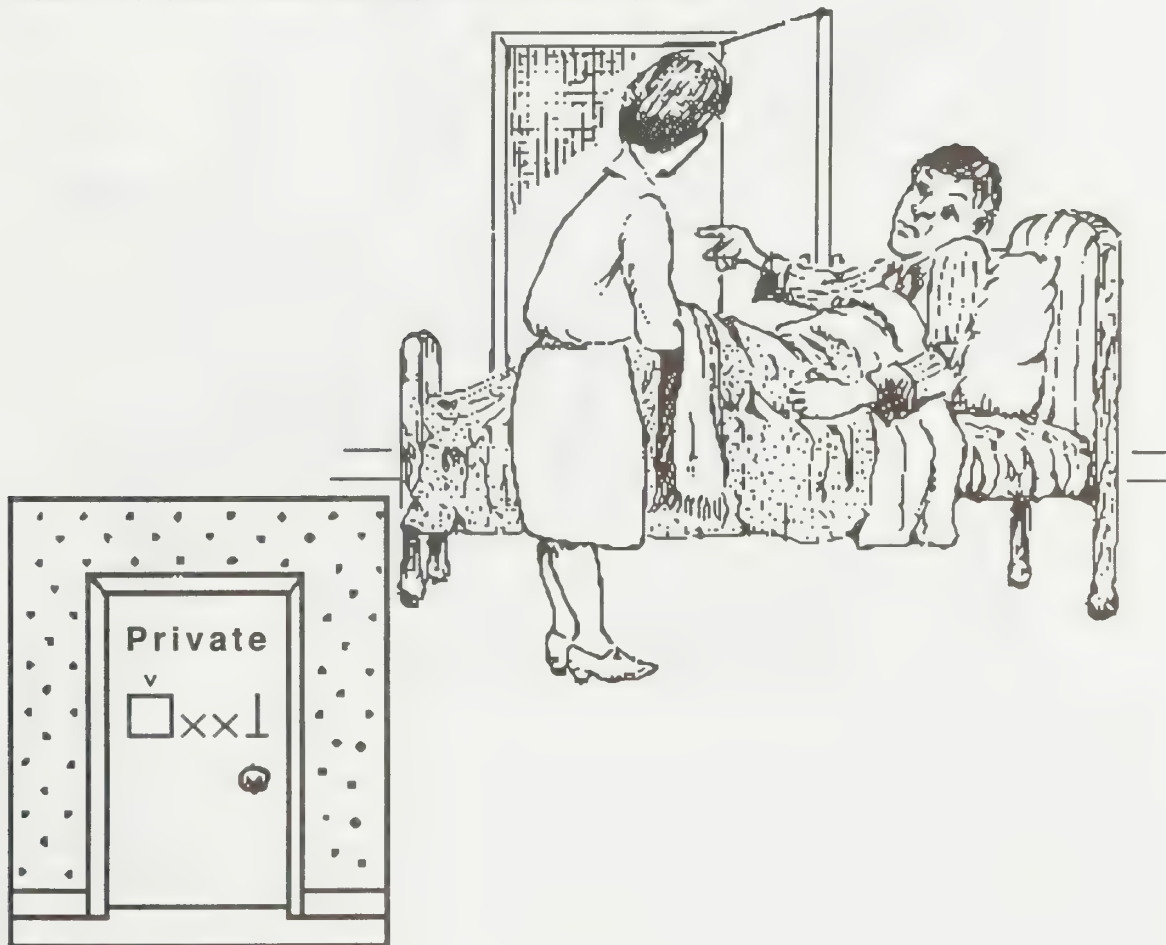
Most **people** begin to **learn** about their **sexual** responses by exploring their bodies in **private**. Some **people with disabilities** may have to ask for **help** in order to secure this right for themselves. They may have to ask for **privacy** to **masturbate** without interruption.

✕ 1 ± □xx1 » 1√♥↑.

Most people have privacy in order to masturbate.

1 1 1 / 1 ? □xx1.

People with physical disabilities may need to ask (for) privacy.



Sexual Aids

$$\overset{\square x}{\downarrow} \wedge$$

(aid + sex + thing indicator + plural indicator)

People who **want** to look at **sexual** magazines or videos and those who use lubricants or vibrators may **want** to ask someone to **help** in buying them.

$$\overset{x}{\downarrow}_3 \quad \nearrow \quad \boxed{?} \quad \overset{x}{\downarrow}_2 \quad \overset{\wedge}{\otimes} \square \quad \overset{\square x}{\downarrow} \wedge \gg \overset{x}{\downarrow}_3 .$$

They may need to ask others to buy sexual aids for them.



(To) Prepare

$$\hat{\wedge} \gg ($$

(to do + for (the purpose of) + future + action indicator)

(To) Masturbate

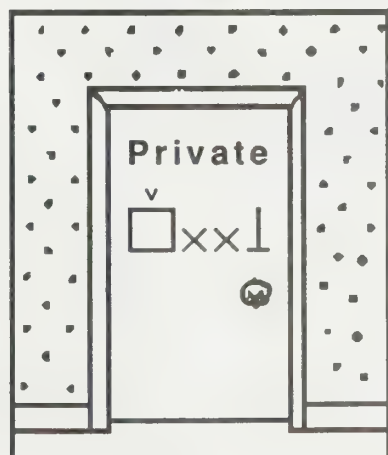
$$\hat{\mathbb{E}} \searrow \heartsuit \uparrow$$

(genitals + to touch + pleasure + action indicator)

Some may **need help** with undressing or **positioning** to **masturbate**.

$$\div \quad \overset{x}{\parallel} \quad \text{IO} \quad \overset{?}{/} \quad \overset{?}{\wedge} \quad \hat{\wedge} \gg (\quad \overset{\cdot}{\vee} \quad \hat{\mathbb{E}} \searrow \heartsuit \uparrow .$$

Some physically disabled people may need help preparing to be able to masturbate.



Questions



(question mark + open + plural indicator)

Others may **want** to ask **questions** about their **sexual body parts** and how they work.

$\overset{x}{|}_2$ $\overset{?}{\heartsuit}$ $\overset{\wedge}{\boxed{?}}$ $\overset{x}{\boxed{?}}$ $>$ $''\wedge$ $\overset{x}{\perp}_3+$ $\overset{v}{\wedge}$ $\overset{x}{\div}$ \bigcirc $\overset{\wedge}{\wedge}$.

Others may want to ask questions about how their sexual body parts function.



Masturbation

 $\mathbb{K} \downarrow \heartsuit \uparrow$

(genitals + to touch + pleasure)

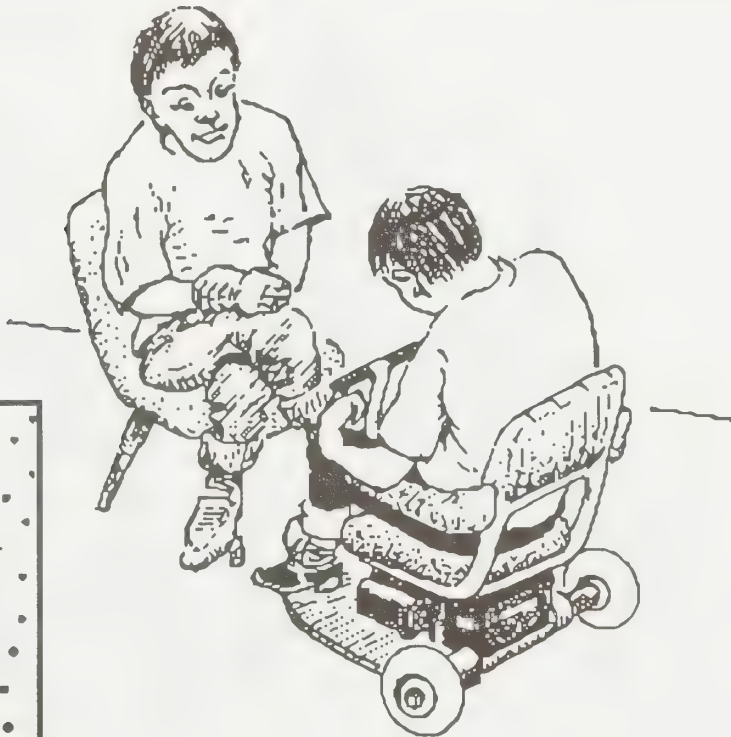
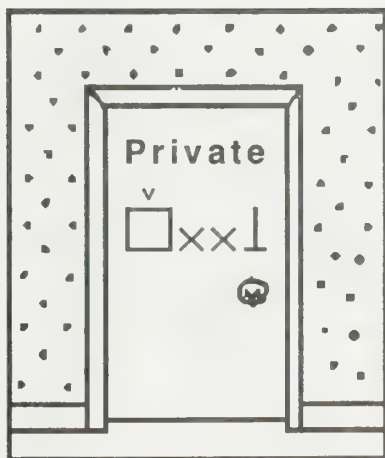
Most **people masturbate** sometime. They deal with this **important** part of their **sexual** life without talking to others about it, but the situation may be different for **people with physical disabilities**.

 $\overset{\vee}{\times} \quad \overset{\times}{\perp} \quad \overset{\wedge}{\mathbb{K} \downarrow \heartsuit \uparrow} + -! \quad \overset{\wedge}{\nearrow} \quad \overset{\circ}{\circ} \quad ++ \quad \overset{\times}{\perp}_2 > \mathbb{K} \downarrow \heartsuit \uparrow.$

Most people masturbate (some time) and do not need to talk to others about masturbation.

 $\overset{\times}{\perp} \quad \overset{\times}{\perp} \quad \overset{?}{\nearrow} \quad \overset{\circ}{\circ} \quad ++ \quad \overset{\times}{\perp}_2 > \mathbb{K} \downarrow \heartsuit \uparrow.$

People with physical disabilities may need to talk with others about masturbation.



Sexuality



(feeling + sex)

Feelings



(feeling + plural indicator)

A **person with physical disabilities** may improve a **relationship** by talking about **sexuality** and sharing **private feelings** with a potential partner before becoming **sexually intimate**. They may discuss their likes and wants and also the activities that make them uncomfortable.

|| |O| D[?]x⊕! ⊥↔⊥ < ∘[^]↔

(A) person with a physical disability may improve (a) relationship by discussing

♡^Δ + □^vxx⊥ ∞^x ++ ⊥ · | ±|+| Δ^v ♡|| ++ ⊥₃.

sexuality and private feelings with (a) person before sharing sexual intimacy with her or him.

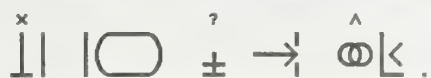


Sexual Intercourse

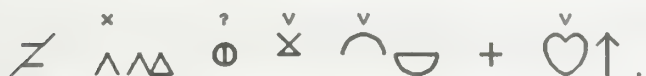


(to combine + genitals)

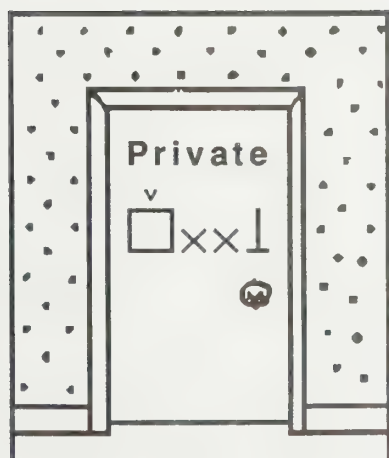
For some **people** "having **sex**" has come to mean having **sexual intercourse**. **Intercourse** is not always easy for a **person with physical disabilities** nor is it necessarily the most **satisfying** way to **share sexual intimacy**.



People with physical disabilities may have difficulty having sexual intercourse.



Other sexual activities may be more satisfying and enjoyable



Birth Control



(to stop + conception)

Sexually Transmitted Disease

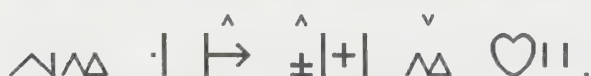


(sickness + sexual)

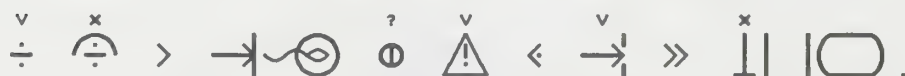
Before beginning to **share sexual intimacy**, a **couple needs** to make some decisions. How will partners prevent unwanted pregnancy and **sexually transmitted disease**? Some **disabilities** make it risky to use **birth control** pills or intrauterine **devices** (IUDs). **Disabilities** that affect the use of one's hands may interfere with putting on a condom and using foam or a diaphragm.



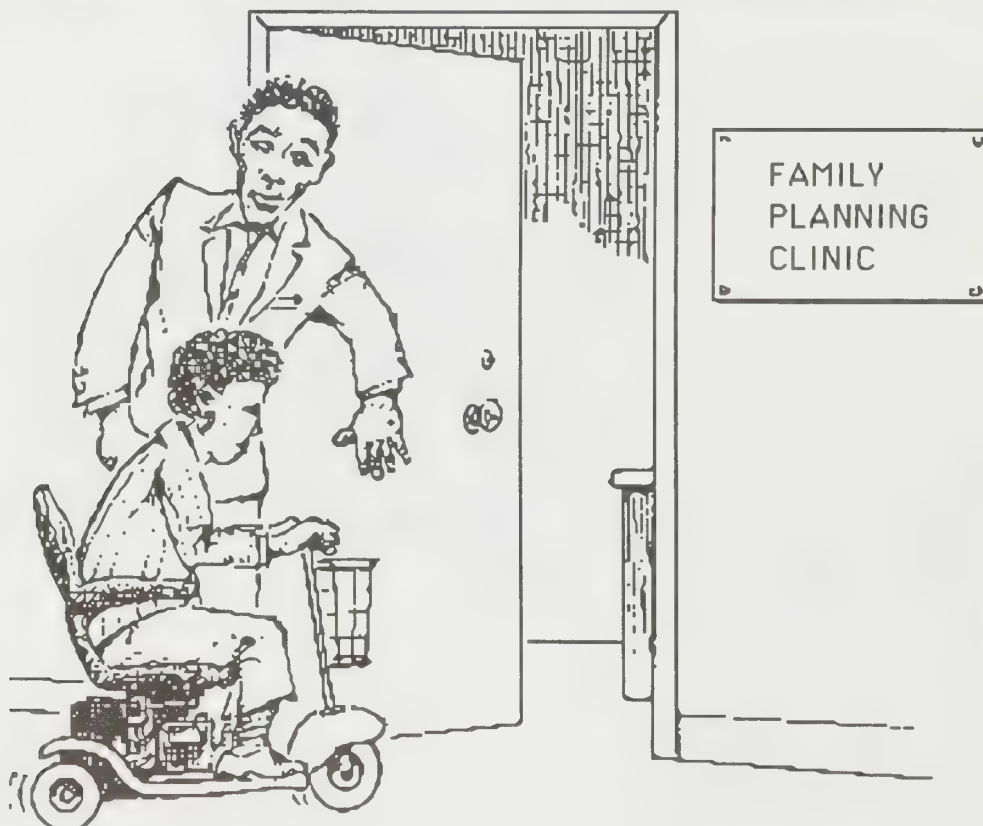
Important - (a) couple must decide about birth control and protection from sexually



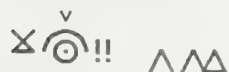
transmitted disease before beginning to share sexual intimacy.



Some kinds of birth control may be dangerous or difficult for people with physical disabilities.



Safer Sexual Activity



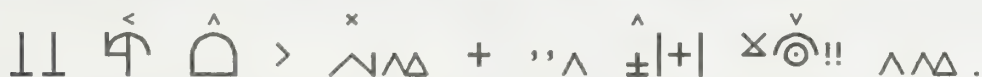
(more + careful + sexual activity)

Sexual Abuse



(assault + sexual)

A **couple** must know about **sexually transmitted diseases** and how to **share safer sex**. Partners must also **discuss** setting **sexual** limits to avoid **sexual abuse**. It is essential to talk about these things in advance.



(A) couple must know about sexually transmitted diseases and how to share safer sexual activity.



(A) couple also must decide sexual limits to stop sexual abuse.



Physical Disability

| | O
(limits + body)

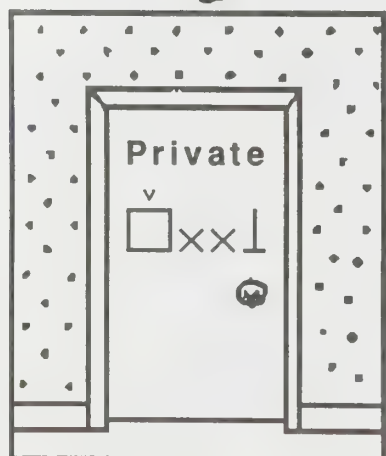
Sexual Intimacy

∨
△ △ ♥ | |
(sexual + intimacy)

A **person** benefits from knowing how their **physical disability** may affect **sexual excitement, positioning** or activity. Some **disabilities** may require imagination to deal with practical issues during **sexual intimacy**.

⊥ + < ∩ " ^ ± | + | ∨
△ △ ♥ | | ∩ → < ⊥₃ + | | O .

(A) person gains by knowing how sharing sexual intimacy may be directed by their physical disability.



Positions



(relation + dot + body + plural indicator)

Sexual Pleasure



(pleasure + sexual)

People who have **difficulty** moving can find comfortable **positions** that let them **caress** their partner's **body** and **share sexual pleasure**. They may find that how they are touched is more **important** than where.

$\hat{\rightarrow} \rightarrow \vdash \quad \neq \quad \overset{x}{\rightarrow} \cdot \bigcirc \quad \overset{?}{\wedge} \quad \perp \quad \hat{\downarrow} \rightleftharpoons \heartsuit + \overset{\wedge}{\pm} | + | \quad \heartsuit \uparrow \triangle .$

Trying different positions may help (a) person to caress and to share sexual pleasure.



Spasms



(activity + muscle + sudden + plural indicator)

Sexual Pleasure



(pleasure + sexual)

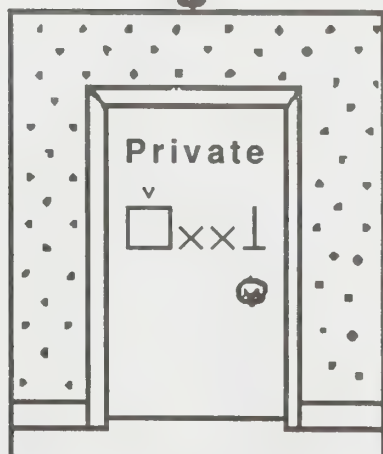
People who have **spasms** can use pillows or **positions** that reduce the **spasms** or they can find ways to use the **spasms** to increase **sexual pleasure**.



People can use pillows or positions to reduce spasms.



People can learn to cause spasms to increase sexual pleasure.



Sensation



(symbol is the familiar heart shape)

Sexual Desire



(fire + sex)

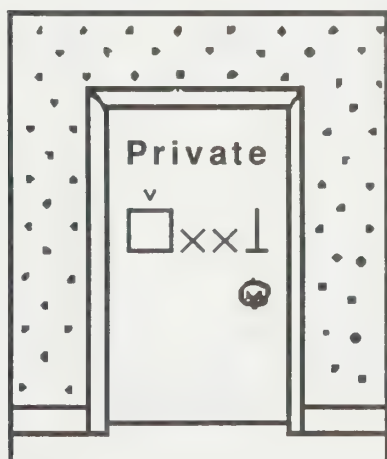
People with little or no **sensation** in some parts of their **body** can discover other areas that are extra sensitive and will increase **sexual desire**.

$\overset{x}{\perp}$ $\overset{\wedge}{\pm}$ $\overset{v}{1} \times$ $<$ $-$ \heartsuit $>$ $\overset{v}{\div}$ $\overset{x}{\div}$ \square $\overset{\wedge}{\cdot} \hat{v}$ \downarrow \square $'' \div$ $\overset{x}{\div}$ \square

People having little or no sensation in relation to some body parts can learn which body parts

$\overset{\wedge}{\pm}$ $\overset{v}{x}$ \heartsuit $+$ $\overset{c}{I}$ $\} \Delta$.

have (the) most sensation and will increase sexual desire.



Devices

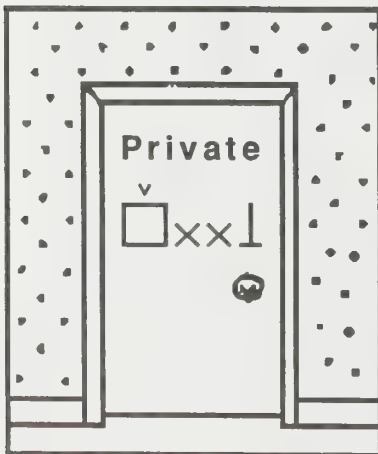


(help + thing indicator + plural indicator)

If they have **devices** for bowel and bladder function, they can **learn** to talk about this with their partner and to take care of the preparation in advance. This means they are not **worried** or distracted about what might happen.



Discussing devices to move bowels and to urinate (before sharing sexual intimacy) can reduce worry.



Tired



(rest + to need + description after the fact indicator)

Rested



(feeling + earth)

People who **tire** easily may **plan sexual activity** for times when they **feel rested** or they might try forms of **sexual activity** that require less **physical** exertion.



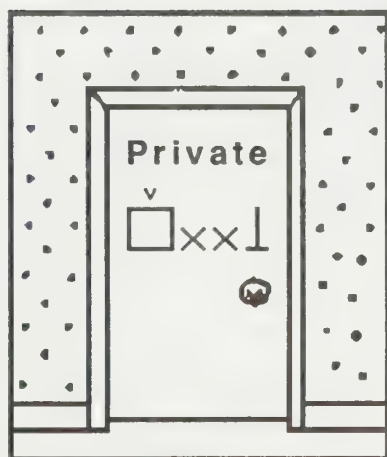
People who feel tired often can plan to share sexual intimacy



when they feel rested.



They may try different sexual activities needing less strength.



(To) Communicate



(to exchange + meaning + action indicator)

Expectations

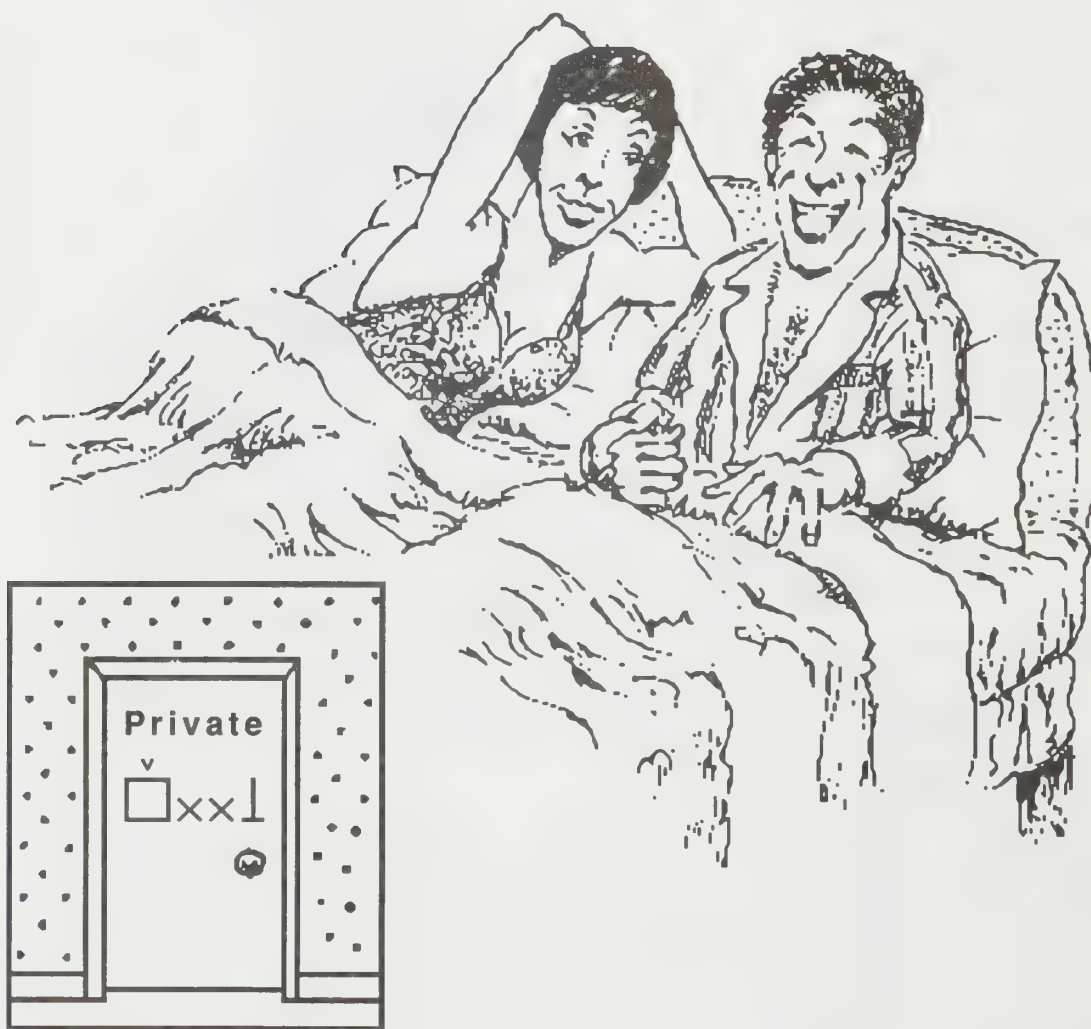


(mind + future + question mark + plural indicator)

Most **important** they can have a sense of humour, **communicate**, and avoid trying to live up to other **people's** unrealistic **expectations** about what **sexual intimacy** "should" be like.

∩̂ ∩̂↑○, ∩̂⊗ + -! ∩̂↔ > |₂+ ∩̂* > ∩̂△ ∩̂||.

Important - laugh, communicate and do not worry about others expectations about sexual intimacy.



(To) Plan



(mind + man-made + action indicator)

Some **people with physical disabilities** may have to **plan** in order to make each **sexual** experience enjoyable. **Attendants** or **aides** may have to be asked to **help** in undressing, bathing and other preparations.

÷ $\frac{x}{11}$ $\frac{1}{10}$ $\frac{?}{1}$ $\frac{\hat{A}}{\Delta}$ » $\frac{\hat{A}}{\heartsuit}$ $\frac{v}{\uparrow}$ $\frac{v}{\Delta}$ $\heartsuit 11$.

Some people with physical disabilities may need to plan in order to enjoy sexual intimacy.

$\frac{x}{1_3}$ $\frac{?}{1}$ $\frac{x}{11}$ $\frac{\hat{A}}{1}$ $\frac{x}{1_3}$ $\frac{\hat{A}}{\Delta}$ » $\frac{\hat{A}}{(}$ $\frac{\hat{A}}{\pm|+|}$ $\Delta \Delta$.

They may need aides to help them to prepare to share sexual activity.



Sexual Pleasure



(pleasure + sexual)

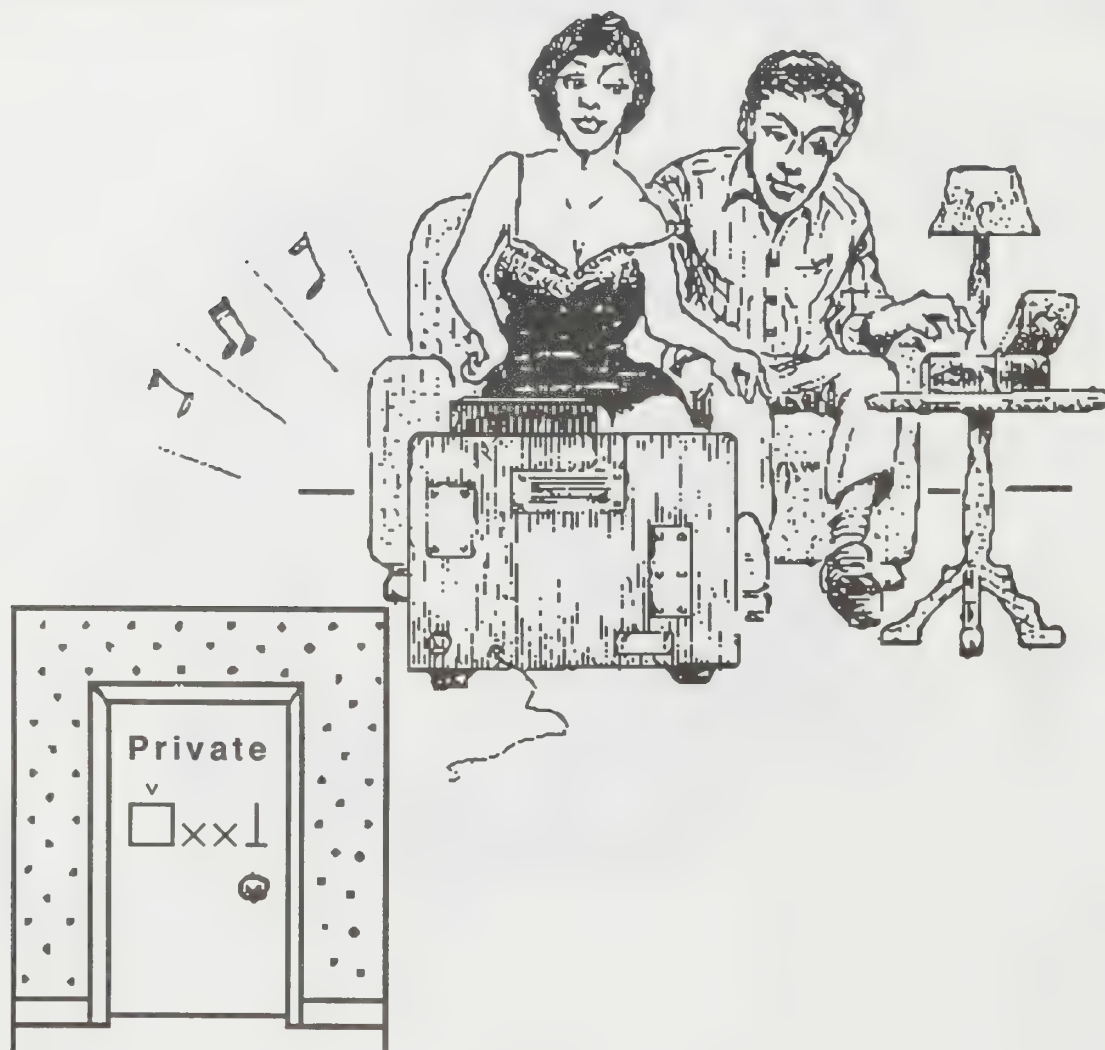
They might increase their **sexual pleasure** by **planning** to use music, scents, mirrors, vibrators, mutually agreeable **sexual** stories, lubricants, or even soft gloves for stroking and touching.



Music, scents, mirrors, sexual aids, lubricants and soft gloves may increase



(a) couple's sexual pleasure.



(To) Answer



(question + enclosure + action indicator)

Questions



(question mark + open) + plural indicator

It **important** that **people** who have concerns about **sexuality** find someone who is knowledgeable and **understanding** about both **sexuality** and **physical disability**. Sometimes that may be another disabled **person** who can **share** their own experiences in a way that **helps** others find **sexual pleasure**.



Important - choose someone (who) knows about sexuality and physical disability to answer questions and concerns.



Sometimes another person with physical disabilities can help.



(To) Choose

(combination of eye *and* to divide [half-sized] *and* many + action indicator)

Doctors, nurses, physiotherapists, social workers and other health care **staff** can also **help people with disabilities** find **answers** to their **questions**. **Friends** or **attendants** may also be willing to talk about these subjects. If one **person** is unable or unwilling to **help**, they can **choose** someone else who is.

§ x1A, 1^11, 1♡+! < 1A + ·v A.

Medical staff, social workers, friends or attendants may also be able to help.



Sexuality



(feeling + sex)

Satisfying



(mind + full + description indicator)

People with disabilities can find that **sexuality** is a **satisfying** part of life. It will **help** to have good information, a willingness to **learn**, a ready sense of humour, access to **privacy**, and a chance to interact and **communicate** with all kinds of **people** in many different life situations.



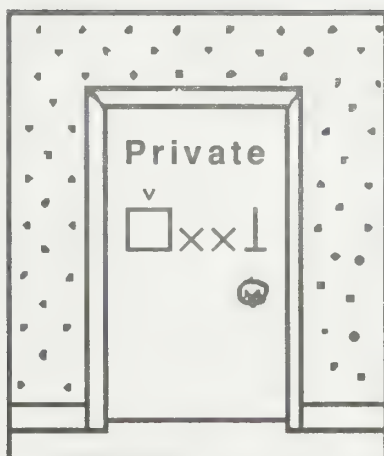
Important - sexuality can be satisfying for people with physical disabilities.

















Knowledge, (a) desire to learn, (an) ability to laugh, privacy






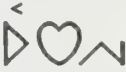


















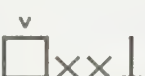






and communication with all kinds of people are helpful.



Glossary of Key Words and Blissymbols

aid (an)	device	(help + thing indicator: concrete thing that aids or supports a person. The symbol is the concrete form of help.)	
aide	attendant	(person + help: person who gives aid)	
answer (to)		(question + enclosure + action indicator: an answer "closes" a question)	
attendant	see aide		
birth control		(to stop + conception)	
body		(pictograph: the symbol suggests the trunk of the body, without head and limbs. The symbol may be used for body in a general sense.)	
choice		(combination of eye and to divide [half-sized] and many: the eye makes a choice among many things)	
communication		(to exchange + meaning)	
couple		(person + person)	
develop (to)		(change + to advance + action indicator: to change through progression)	
desire (to)	want (to)	(feeling + fire + action indicator: to have an emotional desire)	
difficult		(forward + reference line that has been broken + description indicator)	
discuss (to)		(to speak + back and forth: + action indicator)	
expectation		(mind + future + question mark: thinking about an unknown future)	
fear (to)	afraid (to be)	(sad + future + question mark + action indicator: to feel afraid of the future because of its uncertainties)	

feel (to)		(feeling + action indicator)	
feeling	sensation	(symbol is the familiar heart shape: traditionally one's feelings are supposed to come from the heart, also used to represent sensation)	
friend		(person + to like: person whom one likes)	
gay		(homosexuality (male) + description indicator)	
help	support	(diagonal line + person: the person symbol appears to be helping the leaning line)	
hurt (to be)		(to cause + pain + passive indicator)	
important		(mind + two intensity symbols + description indicator: of intense interest)	
intercourse	see sexual intercourse		
intimacy		(feeling + close)	
intimate		(intimacy + description indicator)	
learn (to)		(to receive + knowledge + action indicator)	
lesbian		(homosexuality (female) + description indicator)	
love (to)		(feeling + arrow + action indicator: feeling as if an arrow is piercing one's heart)	
masturbate (to)		(genitals + to touch + pleasure + action indicator)	
masturbation		(genitals + to touch + pleasure)	

move (to)		(wheel + earth [half-sized] + action indicator: the wheel moves by rolling over the ground)	
need (to)		(person, leaning, as if in need of support + action indicator: the leaning person needs support)	
people		(person + plural indicator)	
person		(the symbol suggests a human being standing, with feet turned out)	
physical disability		(limits + body: having limits to one's physical abilities)	
plan (to)		(mind + man-made + action indicator: rational way for making something)	
prepare (to)		(to do + for (the purpose of) + future + action indicator)	
privacy		(to close + public)	
private		(private + description indicator)	
question		(question mark + open: the question is open-ended)	
rested		(feeling + earth: + description after the fact indicator: feeling at rest on the earth)	
safer		(more + combination of to observe and attention + description indicator)	
satisfying		(mind + full + description indicator)	
sensation	see feeling		
sex		(male + female: having either a male or female gender)	
sexual	sexually	(sex + description indicator)	

sexual abuse		(assault + sexual)	𐤔!𐤁
sexual desire		(fire + sex: sexual desire)	𐤔𐤁
sexual excitement		(excitement + sexual)	𐤕!!!𐤁
sexual intercourse	intercourse	(to combine + genitals)	𐤕𐤋
sexual pleasure		(pleasure + sexual)	𐤕↑𐤁
sexuality		(feeling + sex)	𐤕𐤁
share (to)		(to have + together + action indicator)	𐤔 +
staff		(group + to serve: group of people working to serve others)	𐤕𐤁𐤁
support	see help		
teen	see teenager		
teenager	teen	(combination of child <i>and</i> adult: person between childhood and adulthood)	𐤕
tired		(rest + to need + description after the fact indicator: feeling in need of rest)	𐤕𐤔/
understand (to)		(understanding + action indicator)	𐤕𐤔
understanding		(combination of knowledge <i>and</i> into: to enter into one's store of knowledge)	𐤕𐤔
wish		(mind + fire)	𐤕
worry (to)		(mind + two arrows, pointing backward + action indicator: thinking that one is beset by opposing forces)	𐤕←←

Combined Symbol Glossary

The following symbols would normally be enclosed within combine indicators to show that they are not part of the Standard Blissymbol Vocabulary. Combine indicators were omitted within Blissymbol translations or summaries for esthetic reasons and to save space.

activities of daily living	(activity + life + plural indicator)	
body parts	(part of + body + plural indicator)	
caress (to)	(to stroke + feeling + action indicator)	
challenge	(opposition + to cause + action)	
communication display	(paper + communication)	
electric scooters	(cart + electricity + plural indicator)	
hand-operated car	(car + hand)	
hand-operated van	(van + hand)	
lubricant	(chemical product + to moisten)	
opportunity	(limited time + to do)	
person with physical disabilities	(person + disability)	
position (body)	(relation + dot + body: relation of the body to a certain point in space)	
relationship	(person + back and forth + person)	

self-confidence	(belief + oneself)	☺ ♡ △ ? 1 ☺
sexual activity	(activity + sexual)	☺ ^ ^ ☺
sexual aids	(aid + sex + thing indicator + plural indicator)	☺ □ x ^ ☺
sexually transmitted disease	(sickness + sexual)	☺ ~ ^ ☺
spasm	(activity + muscle + sudden)	☺ ^ b < ⊙ 3 ☺
teen with physical disabilities	(teenager + physical disability)	☺ 9 ⊙ ☺
voice output communication aid	(machine + to talk)	☺ ⊙ ⊙ ☺

Being Sexual: an illustrated series on sexuality and relationships

1 Relationships. Sexuality is explored in the context of relationships and validated as an important part of one's self-esteem. Co-authored by Claudia Wood, educator and Blissymbols Systems Coordinator. (31 pages)

2 A Woman's Body. Describes anatomy, how a woman's body functions sexually, and other aspects of being a woman. Issues of privacy and personal autonomy are introduced here and reinforced throughout the series. (47 pages)

3 A Man's Body. Describes anatomy, how a man's body functions sexually, and other aspects of being a man. (49 pages)

4 Adolescence. Describes the changes of puberty and adolescence and their influence on sexuality. (31 pages)

5 Male Masturbation. Describes masturbation and validates this as a choice for any man. Discusses fantasy as an aspect masturbation. (38 pages)

6 Female Masturbation. Describes masturbation and validates this as a sexual choice for any woman. (19 pages)

7 Heterosexual Intercourse. Describes sexual intercourse including sexual responsibility and mutual pleasuring. (25 pages)

8 Human Reproduction. Describes reproduction from fertilization to birth. Includes premature birth, Caesarian section, miscarriage and abortion. (25 pages)

9 Birth Control. Describes birth control options and suggests additional sources of information on contraception. (33 pages)

10 Homosexuality. Defines homosexuality and distinguishes it from homosexual behaviour. Suggests community resources for more information. (33 pages)

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13 AIDS. Explains how Acquired Immune Deficiency Syndrome is transmitted and how it develops. Defines "safer sex". (27 pages)

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16 Sexuality and Aging. Describes how sexuality and sexual expression may be affected by aging. (25 pages)

17 Teaching Manual. Outlines the philosophy and potential uses of the series. Explains the Blissymbols developed for the series. (18 pages)

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